

GOLDSTER★

# CHAKRA YOGA





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# CHAKRA YOGA

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Stretch your mind as well as your body with a gentle, friendly course based around the Chakra system. 'Chakra' translates to 'spinning wheel' and it is this system of energetic wheels which hold the body's energy. This course focuses on balancing and restoring our energy centres allowing Prana (life-force) to move through the body with ease and flow. Each week we focus on a different Chakra, systematically working through the system keeping us alive, healthy and vibrant.



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A Chakra yoga practice is aimed at balancing the body, allowing our life-force (Prana/Chi/Energy) to freely flow. In this course Virginia offers a step-by-step method for creating balance in each chakra and the over-all body - physical, mental, emotional and spiritual bodies. We look at what may cause imbalances and blockages in the body and how, through breath-work (Pranayama), movement (Asana) and Meditation we can cultivate homeostasis in the body.

*"Nothing happens until something moves" - Einstein*

# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*

# THE COURSE

The Chakra System is part of the human subtle body, we cannot see them, we cannot touch them but we know these spinning vortices of energy are part of an energetic system within. The ancient Indians used this system as a way of healing and bringing wellbeing into the body, mind and spirit. Today in yoga studios and peoples' home practices throughout the Western World we are embracing this alternative healing system, allowing us show up for ourselves and take responsibility for our physical, emotional and mental wellbeing.

Through this 6 week course we will be studying each of the seven main chakras, inviting us to know and understand ourselves better, leading us to a life of greater health, understanding, joy and peace. This work has a ripple effect, we practice as individuals, creating personal change to ultimately help shape a kinder, wiser world. Expect talking, breath-work (Pranayama), Asana (movement/poses) & Meditation.

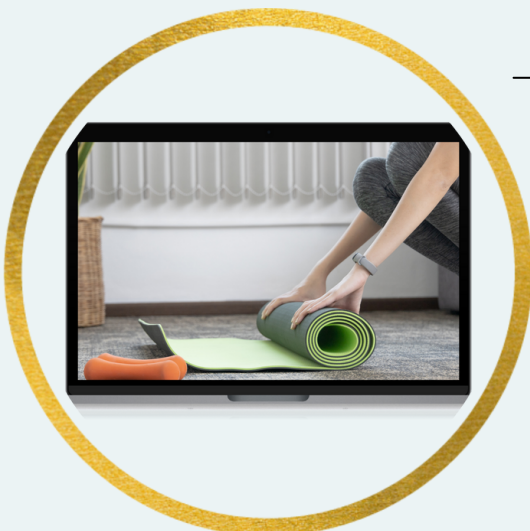
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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*

## Week 1 - Muladhara - The Root Chakra

Muladhara - The Root Chakra. In the first of the seven main chakras we explore through breath work, asana (yoga postures), visualisations and meditation how to balance this chakra.

This chakra is all about our connection to the physical world, we are looking at grounding ourselves and creating stability in not only our physical body but also in our emotional and mental bodies. When this chakra is out of balance we feel unsettled in the world around us, destabilised, fear of finances and other fears around material things plague us. Muladhara addresses our basic needs and human survival. Do we feel safe in the world around us? Are we rooted in our home, family and work life?

- Please bring a red coloured object into your practice, however small! Ideas - wear something red, red flower, red candle etc.

## Week 2 - Svadhithana - The Sacral Chakra

Svadhithana - The Sacral Chakra. This is chakra number two of the seven main chakras running from the base of the spine (Muladhara) to The Crown of the head (Sahasrara) and vice versa. Once our basic needs have been addressed and we are grounded, safe and stable in our Root chakra, Muladhara we can then move onto looking at our likes and dislikes in the watery Sacral Chakra. We explore through breath work, asana (yoga postures), visualisations and mediation how to balance this chakra.

This chakra is our creativity and sexual centre. Svadhithana can be translated as 'The Seat of the Self'. When this chakra is in balance we feel creative, able to set healthy boundaries, joy and pleasure. When out of balance we can experience fear of change, emotional instability and addiction to alcohol especially (watery substances). Can you express yourself creatively? Do you find it easy to set boundaries with others?

- Please bring an orange coloured object into your practice however small! Ideas - wear something orange, orange flower, orange candle etc.

### Week 3 - Manipura - The Solar Plexus

Manipura - The Solar Plexus Chakra. Chakra number three is associated with the element of fire. In a Manipura yoga practice we are creating some heat 'Tapas' to burn away all unwanted toxins and debris in the body. Manipura translates to 'City of Jewels' or 'Lustrous Gem'. In this chakra we are embracing the self, who we really are - our personal power.

When this chakra is in balance we are confident, we have good self-esteem, we are responsible and reliable. When out of balance we are angry, aggressive, bullying and have low self-esteem. As we move up in the chakras we are also lifting our consciousness to towards the higher realms of self actualisation. Are you feeling confident in yourself as you are? Do you harness your unique power?

- Please bring a yellow coloured object into your practice however small! Ideas - wear something yellow, yellow flower, yellow candle etc.

### Week 4 - Anahata - The Heart Chakra

Anahata - The Heart Chakra. This chakra is all about love, joy and passion. Can we forgive ourselves and others in this world? Can we live in harmony?

Anahata is in the middle of the seven chakras, it is the bridge between the lower matter chakras and the upper higher level chakras of the spirit. Anahata is about feeling into love, kindness and compassion.

When we can truly love ourselves we are then able to love others unconditionally. When out of balance we are greedy, judgemental, unkind, miserly and unhappy. When in balance we experience the world as a rich, vibrant place where there is abundance, love and delight. We learn to give and receive freely.

- Please bring a green coloured object into your practice however small! Ideas - wear something green, green flower, green candle etc.



## Week 5 - Vishuddha - The Throat Chakra

Vishuddha - The Throat Chakra. Vishuddha is the fifth chakra, we are moving into the higher realms. The throat chakra embraces communication and the ability to speak our highest truths. In the physical body it encompasses the neck, throat, thyroid, jaw, mouth and tongue. Singing, chanting, humming and speaking ones truth help to balance this chakra. We want to be able to communicate our authentic truths.

Last week looking at The Heart Chakra - Anahata we learned to open our hearts, now with Vishuddha we want to communicate from our hearts to the world from a place of love and peace. Can you speak your truth? Do you find it easy to speak up? Through our practice - breathwork, asana (yoga poses), visualisation, chanting and meditation we are encouraging balance in the chakra.

- Please bring a blue coloured object into your practice however small! Ideas - wear something blue, blue flower, blue candle etc.

## Week 6 - Ajna - The Third Eye Chakra & Sahasrara - The Crown Chakra

This week, the final week of our six week course we are exploring both Ajna Chakra - The Third Eye and Sahasrara Chakra - The Crown Chakra. We are now in the higher realms transcending the material world and the mind, our thoughts and all the mental chatter of the mind (Vrittis). Here we start to sit still, preparing ourselves for mediation.

Ajna - The Third Eye Chakra. The sixth of the seven main chakras located at the third eye point (between the eyebrows and slightly lifted). This is where we tune into our 'six sense', our intuition and instincts. The gut feeling which you can't logically explain but you can feel it. A lot of the time we don't trust our intuition and kick ourselves after. Working with Ajna, we learn to trust our intuition more and more, we learn not to question it. Another name for Ajna is 'Seat of the Master'. When this chakra is in balance we have clear thoughts, trust our intuition and are open and willing. When out of balance we are hazy in the mind. Do you listen to and act on your intuition?

Sahasrara - The Crown Chakra is the seventh of the seven main chakras located at the crown of the head. The Divine, Regal and beautiful chakra - the visual is a 'thousand petaled lotus'. We are stepping towards enlightenment, self-realisation and a knowing. Balancing Sahasrara requires us to sit still in meditation, to quieten the mind.

- Please bring a purple coloured object into your practice however small! Ideas - wear something purple, purple flower, purple candle etc.

# YOUR JOURNEY

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## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

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## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

# YOUR COACH



## Virginia Walker

Yoga and wellbeing expert  
Expertise: Yoga, birth yoga

Virginia is a highly trained Yoga Instructor and Doula. She holds a 500 hour yoga qualification plus qualifications in other specialist areas.

Her classes aim to energise and balance by focusing on alignment in poses.

She has designed her practice to develop strength and flexibility, bring clarity and calm and finish each class with a restored and focused mind.

"Yoga is for every-body"

# YOUR NOTES

WEEK 1

# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4

# YOUR NOTES

WEEK 5



# YOUR NOTES

WEEK 6



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